

UNDERSTANDING DEPRESSION:

Symptoms, causes and treatments



What is Depression?

Depression or Major Depressive Disorder is a condition in which a person constantly feels sad and hopeless, and loses interest in all activities.



Signs and symptoms of Depression

- Feeling sad, empty, guilty, and hopeless
- Get easily irritated
- No interest in pleasurable activities
- Difficulty in concentrating
- Having suicidal thoughts
- Weight gain or weight loss
- Difficulty in eating and sleeping
- Physical problems Low on energy

Types of Depression

- Major Depression
- Persistent depressive disorder Perinatal Depression
- Seasonal affective disorder
- Causes of
- Depression

Depression with psychosis

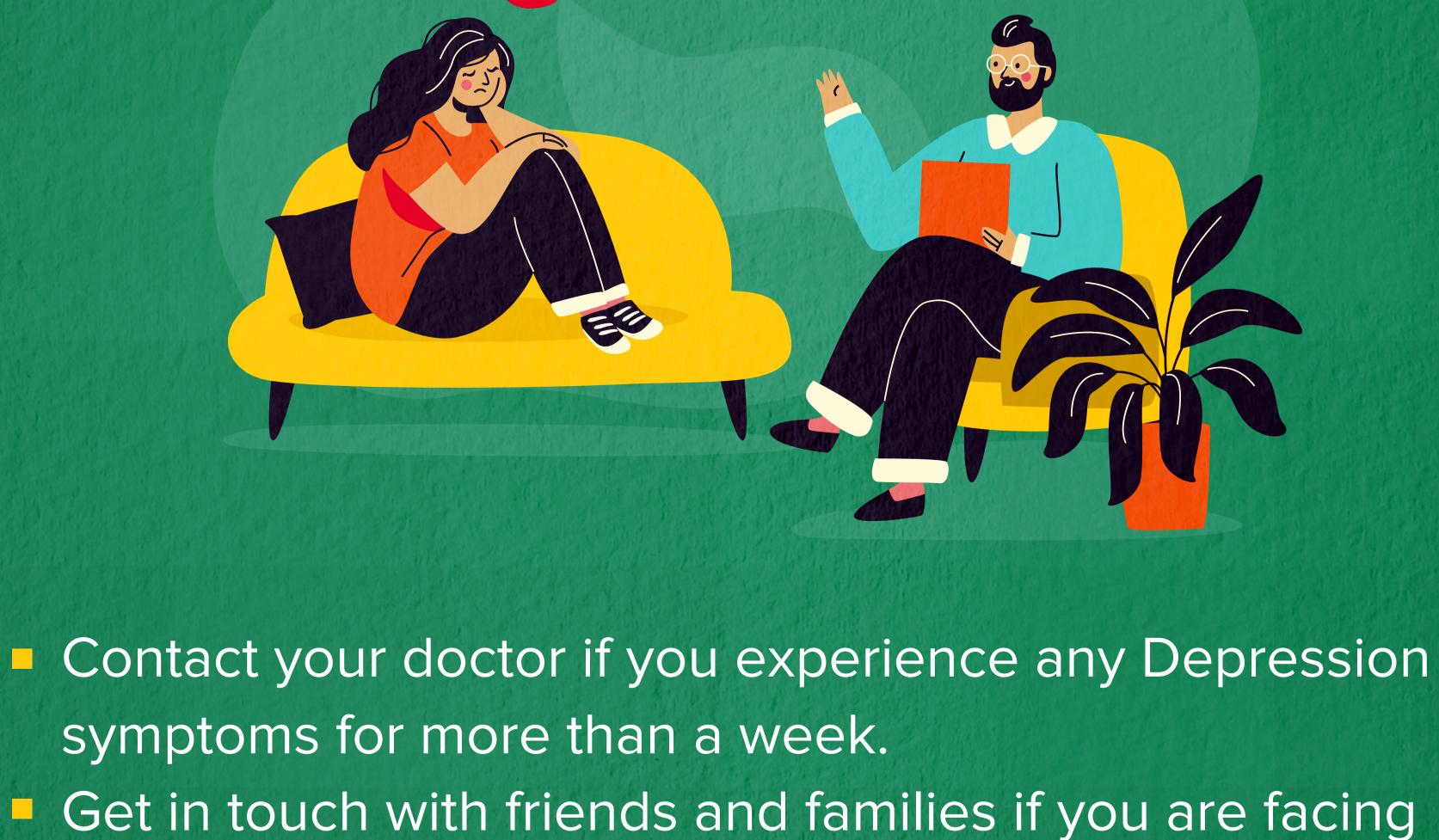
- Neurotransmitters Hormonal imbalance
- Genetics Medications
- Trauma



Treatment for Depression







- Get in touch with friends and families if you are facing any overwhelming personal or work-related issues.
- Manage stress. Take all measures that can help you reduce stress.

Want more information on Depression?

Read more on our blog

Thinking of buying health insurance? Simply go from #UnsureToInsured







